

# RUH extra!

Celebrating the extra-extraordinary work of our community

Summer 2024



## RUHX Special Edition

# One Extraordinary New Cancer Centre

Come inside the new Dyson Cancer Centre with RUHX

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# A Momentous Few Months for RUHX

It's been such an exciting first half of the year for RUHX that I can't wait to share with you our latest and extra-special edition of our magazine, *RUHX Extra!*

In April, the transformational new **Dyson Cancer Centre** welcomed its first patients. It was a super busy time for the team as we assisted final preparations by installing RUHX signage that acknowledges our amazing supporters. In addition, we made sure our contribution to the opening – the part where 11,000 generous supporters raised **more than £10 million pounds** to help fund this extraordinary new facility for our community – was recognised and reported in a wealth of TV, radio, and press coverage.

Now the centre is finally open there is so much that we want to tell you about. So, in the centre pages of this issue we've shared lots of news and updates about how RUHX and its supporters have helped to make it such a phenomenal place. Here, you can read all about the therapeutic artwork, equipment, services, and so much more, including the history of our fundraising for it that started back in 2012!

Not ones to rest on our laurels, throughout spring we've also been busy elsewhere too. There was the **Bath Half Marathon** and the **Walk of Life**, as well as many other fantastic fundraising events. A huge THANK YOU to everyone who participated or contributed to make these events a blazing success. It won't be long until they come around again, so we'll see you there soon.

Also included within, you can learn more about a typical day of one of the most important roles at the RUH with Ross Finnegan. He works around-the-clock with his hardworking team to keep the hospital staff and visitors fed across the several public cafés and restaurants at the RUH. An important job, for sure, and one worth celebrating. Head over to Page 16 for that.

Finally, I wish to extend another **THANK YOU** to you all for your continued passion to learn all about our latest projects and events in this momentous year for RUHX. Please get in touch if you would like to find out how you can participate, donate, celebrate, and elevate the health of our community with our next RUHX project. Simply email us at: [hello@ruhx.org.uk](mailto:hello@ruhx.org.uk).

Thank you and see you next issue!

*Rhyannon*

Rhyannon Boyd  
Head of RUHX



RUHX is the working name of RUH Charitable Fund. Registered Charity No. 1058323

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# All Thanks to You



In our last issue of *RUHX Extra!* we shared an exciting new RUHX 'My Thank You' scheme that connects patient and carer gratitude and appreciation back with all the hard-working NHS staff at the RUH. A few months later, we've now had more than 200 heartfelt THANK YOU messages, a handful of which we'd like to share with you...

For the breast clinic staff who took good care of me today and helped me to feel reassured and relaxed – a big thank you! Keep up the amazing work! X

Keep your **THANK YOU** coming. Every single one means the world to us.

Thank you to the in-patient diabetes team who helped me get my numbers under control in preparation for my surgery.

Thank you to these staff and the rest of the team for being so attentive, kind, and responsive this weekend when our daughter was admitted. The Dr's were so thorough and compassionate, and I knew we were in excellent hands. The nurses were so kind, competent, and warm to our daughter and us. A HUGE thank you, you all do an incredible job, and we are so lucky to have you all.

Your brief actions before my general anaesthetic meant more than words could communicate in that instant. I think you know what I mean. Thank you for being there.

Thank you so much to everyone on the Acute Stroke Unit for the care you provided to my dad. You are all so friendly, so helpful, and just wonderful humans. Thank you so much, X

Had a really great birth experience. Thanks to these lovely midwives, thank you for all you both have done with helping bring my little man into the world and making it a nicer experience.

**QR Amazing!**  
My Thank You is free and easy to use. Simply, scan the QR code below with your smart phone camera and follow the online instructions. The process takes less than two minutes. Your message is sent to the member of staff, or team, and received within one working day.

### You Make Our Day

Our **Palliative Care Nursing Team** would like to pay forward the kind appreciation they received recently via the 'Thank You' scheme.

"This week our palliative care nursing team received a very special thank you. They're a team of inspirational nurses, whose care and compassion help support our ward teams care for people with active symptomatic life limiting conditions and those at the end of their life. To receive a thank you from someone who has taken the time in their sadness to reach out is always special and humbling. Thank you!"





# Silver Linings

This year RUHX celebrates its silver anniversary of being the official NHS charity of the RUH – 25 years!

To celebrate this momentous occasion, and the fact that 2024 is on course to be RUHX's boldest, bravest, and biggest year yet, let's briefly peer back in time to 2009 and remind ourselves of a decade of our partnership's greatest accomplishments...so far!



Nicolas Cage, and twins

In October, **Hollywood icon Nicolas Cage** visited the RUH to support fundraising for the Dyson Centre for Neonatal Care (NNU). "If you ever wanted to find a place where there are little angels on earth then it's here....and they come and care for your children," Cage told the BBC News on the day.



Cancer Campaign Launch

An extra-extraordinary fundraising Cancer Care campaign to help build a new Cancer Centre at the RUH was launched. The campaign was given an early lift thanks to the super generosity of the **£1million pledge from the Medlock Charitable Trust**. The Dyson Cancer Centre opened 12 years later in 2024.

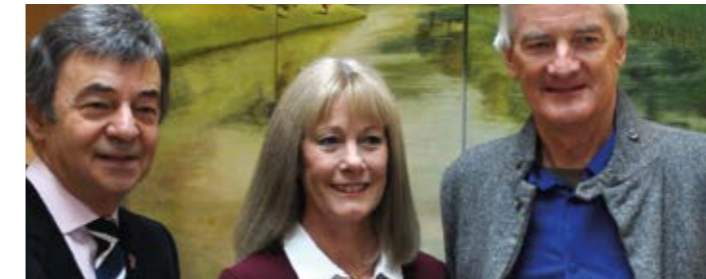
## RUHX's longest serving staff member – Jan Witt

A huge thank you and shout out goes to team member Jan Witt who has worked at the charity for 24 of our 25 years. Over the years Jan has had many roles within the charity with her existing role as the Gifts in Wills Manager. If you would like to speak with Jan in confidence regarding your wishes or would like to hear more about the impact that gifts in Wills make to the RUH, please contact jan.witt@nhs.net or Tel 01225 825819

*"I'm very passionate and feel very privileged in my role to have the opportunity to build new relationships with individuals, families, friends and of course our extra extraordinary RUH Staff."*



Jan Witt pictured with lead nurse Deva, discussing how gifts in wills help her work in her department – the Royal National Hospital for Rheumatic Diseases



Sir James and Lady Deirdre Dyson

**Sir James and Lady Deirdre Dyson donated £4million towards our Cancer Campaign, the RUHX's largest ever donation!** This extraordinary gift enabled us to extend our fundraising target to £8.5million and helped us enhance the impact of the Dyson Cancer Centre and its services.



Her Majesty The Queen (formerly HRH The Duchess of Cornwall), at Bath's new RNHRD and Brownsword Therapies Centre

In October, **Her Majesty The Queen (formerly HRH The Duchess of Cornwall)**, returned to the RUH to officially open the new RNHRD and Brownsword Therapies Centre. "We were delighted to welcome Her Royal Highness here again," James Scott, RUH Chief Executive announced. "The Duchess is a great supporter of our work, and we were very proud to show her the wonderful new facilities we have created here."

2009

2010

2011

2012

2013

2014

2016

2017

2018

2019

Construction began on the **highly innovative, pioneering, and award-winning Dyson Centre for Neonatal Care**, our beneficial healing space for sick and premature babies. The ground works were prepared and the timber for the sustainable construction was craned into place. "The Dyson Centre for Neonatal Care demonstrates the very significant effect that design and architecture can have on the recovery of patients. We hope this new building will support patients, families, and staff through harrowing times," Sir James Dyson said at the time.

The Dyson Centre for Neonatal Care opened its doors to its first patients. "It is a dream come true," said **Dr Bernie Marden, NNU Consultant**, at the time. "The four years planning and building it has taken has been worth every minute. Babies, however small, respond to the right environment and this could not be better. The NNU staff and I are truly delighted and can't wait to settle into our wonderful new Centre."

Also in 2012, RUHX welcomed **Her Majesty The Queen (formerly HRH The Duchess of Cornwall)** to the RUH to officially open the Dyson Centre for Neonatal Care.



Her Majesty The Queen (formerly HRH The Duchess of Cornwall), and Brian Stables, chair of the RUH, 2012. Photo Credit: Bath Chronicle

**A RUHX campaign to raise £650,000 for a Gamma CT worked wonders** as this state-of-the-art and life-saving instrument was delivered and installed at the RUH this year.



Charity staff members welcome delivery of the new Gamma CT

Thanks to the continued good deeds of our fundraising heroes, patrons, and partnerships, **RUHX purchased a £650,000 Computed Tomography Simulator (CT-Sim) for RUH Bath**. This meant patients who required complex radiotherapy planning no longer needed to travel to hospitals in Bristol to obtain scans.



Computed Tomography Simulator (CT-Sim)

Did you know the CT Simulator is a machine technology that helps a patient's cancer care team pinpoint the exact location and shape of their tumour. Helping radiation oncologists determine the most effective radiation treatment plan possible for patients.

RUHX launches its **Royal National Hospital for Rheumatic Diseases (RNHRD) and Therapies Centre campaign** to raise £2million towards the new building at the main hospital entrance – the RNHRD & Brownsword Therapies Centre, in Coombe Park, Bath. The launch was attended by entrepreneur, and founder of Forever Friends, Andrew Brownsword, who pledged to match donations pound for pound.



RNHRD & Brownsword Therapies Centre launch

RUHX secured the purchase of **21 sleeper chairs and guest beds**, delivered to wards and departments at the RUH Bath. The chairs and beds were for the families whose loved ones were in critical care, at the end of life, have dementia or a learning disability.



Sleeper Chairs in use at RUH Bath



New NICU construction begins



NNU Intensive Care (Intensive Care 3)



# A Warm Welcome

In spring, RUHX was delighted to take delivery of six brand-new ultramodern Babyleo TN500 IncuWarmer incubators into the Neonatal Care Unit (NNU). They received a warm welcome, indeed.

Thanks to the generous support of the Medlock Charitable Trust these six incubators have gone straight to work. At a cost of more than £150,000, these next-generation lifesavers have numerous innovative features that provide state-of-the-art care and comfort for newborns, as well as extra reassurance for parents and NNU staff.

### Incubation Innovation: Babyleo TN500 IncuWarmer

- ✦ MP3 and phone-connecting capabilities that allows parents to play their voices to sooth their newborn baby when they cannot be there. This establishes an essential connection despite the inevitable separation.
- ✦ A wide range of height adjustment that can be easily lowered and heightened as required to better suit baby, mother, and staff.
- ✦ Increased integrated lighting that's much kinder to the baby's eyes and helps staff provide care without a large overhead external light.
- ✦ Easier access via an integrated lid and a radiant heater that automatically activates when the lid opens to keep the baby warm.



The new Babyleo TN500 incubator, one of six new incubators provided

Incubators are large and heavy equipment, and we regularly need to move them as our babies move around the unit and for the incubators to be cleaned. Older incubators were extremely hard to move. These new ones can be pushed around easily. All the new features on these incubators will help the health of our babies and parents, as well as elevate the wellbeing of our staff. A lot of innovation has gone into the design to make the incubator far more efficient and comfortable for babies, families and for our staff.

Kirstie Flood Lead Nurse, Neonatal Unit



NNU nursing team members Alex and Alyssa with the new Babyleo TN500 incubator

# A Space to Breathe



RUHX's Wellbeing Garden, which opened in May, is at the heart of our mission to prioritise the mental wellbeing of our dedicated staff, patients, and families.

At RUH Bath, we know how profoundly hard-working our over 5,000 members of staff are. To give something back to their dedication, and to provide extra support for patients and carers, RUHX, and NHS Charities Together, came together to fund our Wellbeing Garden. This peaceful outside place is a space to pause, breathe fresh air, and connect the mind, body, and spirit with a tranquil, all-natural environment to help combat the rising stress that can come with caring for the community. "We believe that we need to rekindle our connection with nature and the sense of wellbeing this provides, and to reinvigorate a sense of community with people and the planet around us," Nickie Jakeman, Emergency Department (ED) Consultant, the driving force behind this project, and the champion of the hospital's green social prescribing, told us.

Maintained by community volunteers, thanks to the Friends of the RUH, and open in time for the start of summer, the Wellbeing Garden offers not only valuable headspace away from the worries of hospital life, it also includes several essential features, such as a safe and accessible walkway away from traffic; picnic furniture and benches for external dining; a range of wildflowers and plants chosen for their aesthetic, multi-sensory qualities; and newly turfed areas to sit upon and relax.



The RUH community Wellbeing Garden is an opportunity for us to work together to develop a food-producing landscape that sustains the environment and benefits the community. It will undoubtedly have a massively positive impact on our staff, patients, and their families.

Nickie Jakeman ED Consultant

Access to the Wellbeing Garden is available to patients and visitors too. Research shows that contact with a natural environment contributes to an increased sense of wellbeing, which has a positive impact on a patient's rehabilitation and ability to greatly reduce symptoms of anxiety and depression.





# The extraordinary new Dyson Cancer Centre is now officially...OPEN!

# A New Future

Welcoming patients since opening in April 2024, the **Dyson Cancer Centre** is now a state-of-the-art heart of cancer care in the Southwest. Throughout its three-year construction, the centre has been an extraordinary collaborative project. More than 11,000 amazing RUHX supporters helped raise £10 million pounds to help secure its vital foundation, in addition to the £40 million in government funding, as part of its New Hospital Programme. **For the community by the community, the centre is a vision of the future and a world-class cancer services hub for local cancer patients in need of extra-special care.**

### You Made the Difference

The £10 million raised by RUHX's friends and supporters ensured the Dyson Cancer Centre could achieve more than ever thought possible. Now, for the first time, the majority of the RUH's cancer services, including research, oncology, chemotherapy, and radiotherapy, and a 22-bed inpatient ward, are united in one central location. All non-surgical cancer services are in the same place too, a fact that will greatly assist a patient's journey to recovery and increase efficiency for staff.

There is also a **Wellbeing Hub** too, a tranquil and therapeutic environment that reduces the stress and anxiety of rehabilitation by inviting relaxation for the mind, body, and spirit. The hub includes space for group sessions, a hairdresser to help patients, family rooms and drop in facilities that absolutely anyone with cancer care concerns can visit.



The new Dyson Cancer Centre



Main atrium reception of the new centre

### A message from James Dyson, Founder and Chief Engineer, Dyson

Both of my parents died far too young from cancer, so I've always tried to support causes that involve treating or researching this terrible disease. Bath and the Southwest desperately needed a new cancer hospital to serve 500,000 people and conduct cutting-edge research – and I was pleased we could continue helping the RUH, after the success of the Dyson Centre for Neonatal Care.

The Dyson Cancer Centre has state-of-the-art equipment, such as CT gamma scanners, which allow patients to have two specialist scans at the same time. It will also be home to vital research programmes in nuclear medicine and medical physics, and more than 60 live clinical trials – all under one roof. In a way, I hope no one has to come to it. But if they do, I hope the Dyson Cancer Centre will be an uplifting place – one filled with light, art, space, and views of nature – for patients and their families, as well as the hospital staff who care for them.

# Donations that Deliver

The Dyson Cancer Centre can only provide life-saving care thanks to the decade-long contributions, connections, and collaborations of its local community.

With the Dyson Cancer Centre now officially available to those who need it the most, the RUHX remains as grateful for the generosity of tens of thousands of inspiring fundraisers as it did the day the Cancer Care campaign was first announced in 2012. It is the incredible acts of your continued kindness that have helped to create this stunning new facility, one that protects our community's future for the next generation. **RUHX couldn't be prouder of the progress we've achieved together.**

To raise the £10 million required in fundraising and donations to help build the Dyson Cancer Centre, the RUHX has been working non-stop to establish and strengthen local partnerships, securing a £4 million donation from the **James Dyson Foundation** and £1 million by the **Medlock Charitable Trust**, as well as increase and extend its family of fundraisers – YOU!

From charity balls to blistering treks, heart-pumping skydives to fire-walking (and glass!), race days to corporate events, personal challenges to simple acts of generosity, all of your fundraising has helped us to dream bigger and deliver additional monies for the Dyson Cancer Centre. From doubling the space of family rooms and green areas to providing space for a dedicated hairdresser, benefits advice and onsite pharmacy, every pound helped us break more ground.

### Sue's Story

Sue Wedlock, cancer survivor and fundraiser, who also sadly lost her husband, folk singer Fred, to cancer aged 67, has arranged hospital bake sales, jazz picnics and music concerts with RUHX for many years to help raise monies for the new Dyson Cancer Centre, alongside her local Keynsham and Salford RUHX fundraising group. Sue has also just completed

treatment at the RUH Bath in the past year for Bowel and Liver cancer – and received the all-clear. Sue visited the Dyson Cancer Centre and was amazed. "It's such a lovely, light and sympathetic place for cancer patients to be cared for by the wonderful RUH Bath cancer services team that I really cannot speak highly enough of," Sue told us. Thank you, Sue! ✂



*I'm really proud of all the RUHX charity supporters in our community that have come together to raise so much money to help make this new centre extra special. It's even more important to me having just been cared for by the staff that will work here.*

Sue Wedlock Cancer Survivor

Longstanding RUHX supporter Sue Wedlock



Just some of the many charity fundraising events over the years!





# State-of-the-Art

The Dyson Cancer Centre is so much more than a state-of-the-art new cancer centre. It is home to many amazing contemporary works of art too, including its own structure, a masterpiece of modern engineering.

Providing a nurturing and therapeutic environment by making innovative use of art and design, natural light, open spaces, and noise reduction technology to reduce stress and anxiety, the Dyson Cancer Centre is a masterpiece of genius inside and out. But it's not just the building that's beautiful. Take a closer look inside and you'll find 83 art locations, with more than 100 awe-inspiring artworks, all united by a stunning 'Land, Water and Sky' theme. Funded by RUHX's 'Art at the Heart'

programme, and with major artworks funded by RUHX and other generous donors, including Deirdre Dyson, the art, sculpture, and installations that decorate the walls throughout the high-tech hospital offer a calming, uplifting environment for patients and staff, as well as a rich representation of nature too.

As we all know now, being connected to nature is especially valuable to patients as it improves mental and physical health and increases rehabilitation. Thankfully, for the centre, there's no greater nature than the beautiful surrounding hills and countryside of Bath, located just outside its windows – a picture that's worth more than a thousand words.

In addition to all this inside beauty, the centre also boasts an inpatient

ward radiating with a sunlight-illuminated central courtyard that allows for bed access so patients can immerse themselves in nature and light away from the isolation of their rooms. The courtyard brings the great outdoors inside and one step closer to our patients. An invaluable feature that will make all the difference. ✂



**Art at the Heart of the RUH**

“Congratulations to everyone involved in the Art at the Heart of the RUH extraordinary work to bring nature inside of the Dyson Cancer Centre through Art. This was recognised recently by winning the Creative Bath Awards 'Creativity for Good' award.”



Light artist Bruce Munro created the light installation 'Time and Again', situated in an outdoor courtyard, where 19 stainless steel lilies form a convex dome that bring light into the centre



Amy Shelton made a large-scale botanical lightbox installation, one of her series of florilegium artworks for the Radiotherapy department, using a biodiverse palette of local flora



'Bulrushes' is an artistic vision through both paintbrush and loom by Lady Deirdre Dyson who donated this painting to the Dyson Cancer Centre. It features bulrushes and incorporates the building's themes of 'Land, Water and Sky'. The rushes reflected in a lake at the Dyson's home near Bath, which inspired this painting, also gave rise to the carpet of the same name, hand knotted and graded in a silk/wool mix with silk rushes



The Woodland Study immersive installation in the Ambient Room off the main Atrium by artist Chrystel Lebas, is a looped one-hour film recorded in an ancient bluebells forest in Wiltshire



Sculptor Hamish Mackie's 'Swifts' sculpture, an 80-kilo bronze sculpture created as a symbol of hope and optimism, forms the focal point of the first-floor courtyard

To view more images of the artwork, visit [ruhx.org.uk/dyson-cancer-centre](http://ruhx.org.uk/dyson-cancer-centre)

# Great Expectations

Thanks to the £10 million raised by the partners and supporters of RUHX, the Dyson Cancer Centre now has the potential to better its original expectations. Here's how:



New Radiotherapy reception and light, welcoming waiting area

1

## More Space

With additional fundraising donations from RUHX, the centre can now allow more than double the space per inpatient than existed previously. **This means more capacity for facilities (such as an onsite hairdresser, benefits advice, and pharmacy) and more space for 60 clinical trials to take place onsite.** This is important as it allows cutting-edge clinicians and researchers to be located on the same site, ensuring better and faster clinical trial success.

2

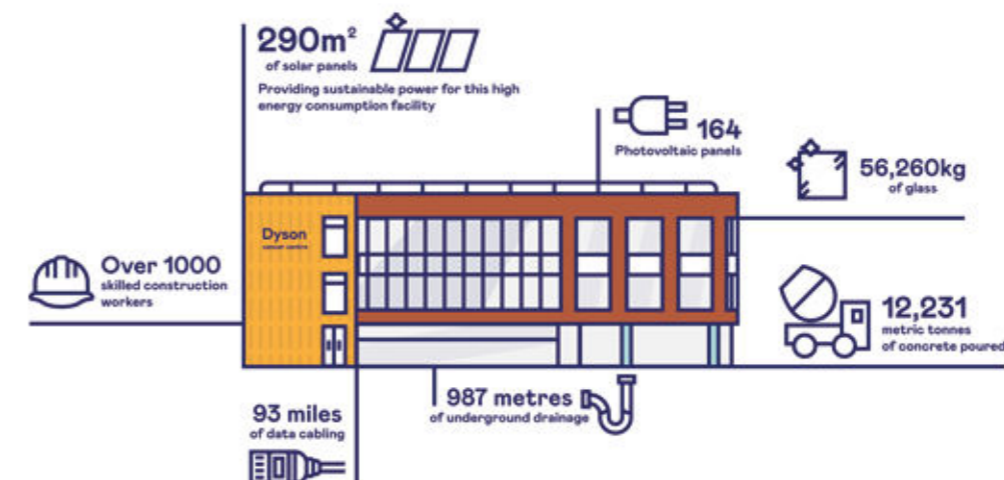
## Welcome Reception

The centre's first-class reception and waiting area for Radiotherapy patients is only possible thanks to the overwhelming kindness of RUHX patrons. Whilst the nature of Radiotherapy means the treatment remains in the main hospital, the two areas were connected to ensure cancer patients receiving this treatment will also benefit from our brand-new cancer centre.

3

## Sustainability

The centre has achieved a 'BREEAM Excellent' rating. **BREEAM is an industry standard assessment process for sustainability for new developments and covers the design, construction, and future management of the building.** The centre's building fabric was tested throughout the construction process and meets high standards for thermal insulation, air tightness and high levels of efficiency for heating, cooling, powering, and lighting. It also boasts several other sustainability credentials, including the use of marmoleum flooring; 290-square-metres of solar panels; special recycled air management equipment in inpatient rooms to repel potentially devastating infections; and re-developing on a former 'brownfield' site, rather than removing beautiful greenfield space. ✂



The building in statistics



The Dyson Cancer Centre from above. You can see the solar panels and Bruce Munro's 'Time and Again' sculpture



# Tomorrow's Technology Today

In the Dyson Cancer Centre and across the RUH, you'll find lots of ultramodern medical technology and devices provided by RUHX and our extra ordinary supporters that help fight cancer faster and better than ever before.

## GE Discovery 870DR CT Gamma Camera

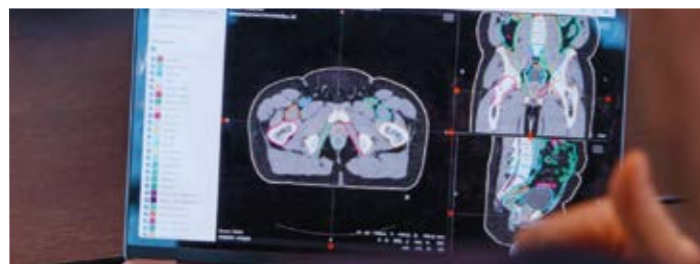
Critical in the diagnosis and treatment planning of cancers, RUHX purchased a brand-new Gamma CT Camera for the second floor of the Dyson Cancer Centre at a cost of £600,000. This state-of-the-art instrument will scan more than 4,000 patients a year.



Brand new Gamma CT Camera provided by RUHX

## AI Radiotherapy Planning Software

This AI software provides oncologists with a precise contour of organs and more targeted radiation treatment. This allows doctors to spend more time with patients to devise and discuss treatment plans. Part-funded by RUHX and 2023's Deca Ironman challenge in Mexico, won by our very own Dr Stuart Gillett!



AI Radiotherapy planning software reduces a doctor's workload

## Breast Unit Extension

At a cost of £650,000, the Breast Unit expansion now provides a greater size and number of rooms designed for consultations and treatments. There is also a new dedicated treatment room for nursing interventions and prosthetic fittings, as well as an outside garden area.

## Breast Cancer Ultrasound Expansion

Situated just off the main hospital atrium, and near the Dyson Cancer Centre, is the home of our new-and-improved ultrasound room, complete with brand-new scanner, state-of-the-art radiography machine and trainee Consultant Radiographer. Funded by RUHX at the cost of £400,000, this ultrasound expansion will help produce more scans a year – upward of 30,000 – in the hope to better detect and diagnose early signs of breast cancer.

## New DaVinci Surgical Robot

RUH Bath's first surgical precision robot, the DaVinci, cost £2.3 million, Funded in full by RUHX. It's in use daily in RUH Theatres, treating gynaecological, colo-rectal, and prostate cancer patients who will have been diagnosed at the Dyson Cancer Centre.



New DaVinci surgical robot, provided by RUHX in 2023

## Chemotherapy Air Gloves

These innovative, and inventive, gloves aid cannulation for patients whose veins can be fragile or hidden after chemotherapy treatment.



Chemotherapy Air Gloves

## CT-Simulator

A CT Simulator is a real-time, 3D treatment planning system and CT-Scanner with a multi-image display and a laser beam projector – all in one. It cost £650,000 and is located near the Dyson Cancer Centre outpatients waiting area, it takes the most advanced and efficient internal images, essential when diagnosing critical conditions and checking how well a treatment is working. ✂

The Dyson Cancer Centre construction, including the all-important Topping Out ceremony



# Built to Last

More than 1,000 people came together over 36 months to create our new Dyson Cancer Centre. Its construction is almost as impressive as its purpose. Here are some of the key milestones to remember along the journey to its opening this April.

RUHX would like to pay thanks and credit the scores of architects (IBI), construction partner (Kier) and thousands of expert tradespeople whose expertise and hard work have combined to achieve this transformational new facility to help fight and defeat cancer, a disease that inflicts more than 2,000 new cancer patients each year for the RUH alone.



- ✦ **August 2021**  
Ground works commence, as the RUH still also focuses on fighting the Coronavirus pandemic.
- ✦ **December 2021**  
Ground works complete. The frame erection begins.
- ✦ **February 2022**  
All three floor slabs are laid.
- ✦ **March 2022**  
Topping out! The frame of the three-story building is complete.
- ✦ **June 2022**  
The link back into the main hospital building is made.
- ✦ **August 2022**  
Construction complete! Focus turns to interiors.
- ✦ **November 2022**  
Glazing installed – a huge milestone!
- ✦ **February 2023**  
Scaffolding removed. Cladding commences.
- ✦ **May 2023**  
Artwork: 'Swifts' sculpture installed in the inpatients courtyard.
- ✦ **July 2023**  
Terracotta tiles façade fitting begins.
- ✦ **August 2023**  
Main exterior signage installed.
- ✦ **October 2023**  
Exterior pathways constructed.
- ✦ **February 2024**  
More than 100 therapeutic artworks installed.
- ✦ **March 2024**  
Staff familiarisation sessions follow an NHS deep clean.
- ✦ **April 2024**  
This centre is complete! Media and other stakeholders visit, blue NHS 'way-finding' signage is installed.
- ✦ **Monday 22 April 2024**  
The historic date as the first patients arrive.



# Research and Rescue

RUHX was delighted to deliver essential funding to researchers at the University of Bath to explore Telerehabilitation for Rheumatic and Musculoskeletal Diseases (RMDs).



RMDs such as rheumatoid arthritis, osteoarthritis and spondylarthritis are a complex, diverse group of chronic conditions often associated with immune dysfunction, inflammation, and gradual deterioration of joints, muscles, and bones. **Many of these conditions result in significant pain and disability, which can greatly impact a person's quality of life.** Right now, the only effective management for RMDs is rehabilitation to support people to feel confident in living with their condition, and to be as independent as possible in their everyday life and activities. This can be achieved primarily through education, self-management strategies, and teaching people how to modify their home to suit their needs. Rehabilitation therefore often requires input from a variety of healthcare professionals, including nurses, occupational therapists, physiotherapists, and psychologists.

## A Revolution in Rehabilitation

Telerehabilitation is rehabilitation at a distance. It uses technology, such as a telephone, computer, tablet, or smartphone, and allows people living with RMDs to receive therapy and treatment without having to leave the comfort of their home. It has become a critical feature of RMD healthcare in recent years and boasts many advantages to previous avenues of hospital treatment,

There is a lot of research still to be done in order to fully understand RMDs and how to best manage them, but we've just moved one step closer thanks to researchers at the University of Bath and their new and innovative research into Telerehabilitation



Peter Rouse,  
Researcher at the University  
of Bath



Rosemarie Barnett,  
Researcher at the University  
of Bath



Raj Sengupt,  
Visiting Professor at the  
University of Bath &  
Consultant Rheumatologist  
at the RNHRD, RUH

such as greater accessibility to care for patients unable to make it to a clinic; maintaining strong continuity of care for outpatients; and reducing burden on health system resources and staff. **However, for those who lack the access, capacity, skills, motivation and/or trust to confidently go online, telerehabilitation currently has limitations, hence the demand for further research and funding.** The target population for telerehabilitation therefore needs to be carefully assessed; with safety-nets in place to prevent widening of existing health inequalities.

## Research = Results

Thanks to RUHX's close-working with telerehabilitation researchers, and this all new important funding, this research project has set objectives to identify and summarise how telerehabilitation interventions are currently being delivered and evaluated for people living with RMDs. This work will provide an up-to-date collation of the research to date and identify gaps for future research. It may have important implications for the future development and evaluation of such interventions, and to hopefully improve care for patients with RMDs. Over 100 research publications have currently been identified for inclusion in the literature review, and results are being summarised for communication later in 2024. Watch this space. 📧

# Walking on Sunshine

Proudly  
sponsored by



BURO HAPPOLD

Our annual Walk of Life, sponsored by Savills and Buro Happold, brought out the sun, smiles, and celebrations on Saturday 11 May.



Walkers on the canal at Bishops Canning



Group of walkers at the finish line



Walk of life finishers in front of the Holburne Museum

**This year, 300 fundraisers of all ages (and speeds) kept the pace on either the marathon 26.2-mile walk from Bishops Cannings, or the 10-mile walk from Bradford-on-Avon, all the way into the centre of Bath along the beautiful Kennet & Avon Canal. Come the finishing line, more than £50,000 had been raised for the RUHX! As with every year, those donations are now wending their merry way to deliver extraordinary care all around the community.**

*“A beautiful walk for a wonderful cause on a lovely day. Is there a better way to spend a Saturday?”*

The day began with a mass warm-up led by personal trainers from PureGym, Trowbridge, and wise words of encouragement from Nicola Noble (who co-founded the Walk of Life with her sister Ness in 2005), and the RUHX team, before everyone set off together on their canal adventure. At Bradford-on-Avon, the marathon and the 10-mile walkers took a short break to enjoy a delicious BBQ, kindly hosted by

Rapid Relief Team UK. Then, a few hours later at the finish, just outside the Holburne Museum, Bath, a festival-style celebration kicked into full swing with featured performances from local musicians and walkers receiving grateful cheers on the home straight, arriving hot but happy. For many it had been an emotional day, with walkers having taken part in memory of a lost loved one or to show their support for the RUH and its life-saving work. The relief of finishing, and having raised monies for a good cause, was evident on many exhausted but smiling faces!

More than 30 volunteers helped to make the day possible, from marshalling the route in Bishops Cannings, Bradford-on-Avon, or along the final stretch in Bath, handing out refreshments at one of our 'GoodNess' stops or cheering walkers on.

*“An uplifting experience, meeting fellow walkers and all the volunteers en-route, I especially liked the sense of achievement walking across the finish line!”*

*“We are so grateful to every walker who took part and went the extra mile, and to friends and family who came along to cheer them on at the finish line. You are all incredible! Thank you also to our amazing volunteers and to all of the local businesses and organisations who supported the event.”*

**Ellie Wilkinson**  
Events & Community Officer

*“Such a fantastic cause and so much support along the way made this challenge so much easier to complete. We will be signing up for next year ASAP!”*

The Walk of Life will return on Saturday 17 May 2025. Visit [ruhx.org.uk/events/walk-of-life](https://ruhx.org.uk/events/walk-of-life) to save yourself a spot today!



# A Day in the Life

Ross Finnegan  
Assistant Retail Catering Manager

In April, we pulled up a pew to hear about one of the most important jobs at the RUH, with Ross Finnegan, Assistant Retail Catering Manager. Ross and his great team work tirelessly to keep the hardworking staff and visitors fed and refreshed across the public cafes and restaurants here at the RUH. Without him, we'd all eat nothing but biscuits.

## Over to you, Ross...

I've been working at the RUH Bath for about six years. I came to Bath from Dublin when I was 18. Before I started here my background was in hospitality and working in five-star luxury hotels and fine dining restaurants. It's a completely different setup at RUH than at the restaurants I worked in previously. But I absolutely love it! It's fantastic.

We've got three outlets on site, the Oasis café, the Atrium café, and the Lansdown restaurant. My day-to-day role is running those three outlets with all the catering staff. I am so grateful for the team I have and how hard they all work every day as its no easy feat due to how busy each of the restaurants can get.

## 7am

On a typical day, I arrive on site at about 7am. I meet with the team – my supervisors Emma, Julie, Roslyn, and Lynn – in the Lansdown restaurant first, to chat about staffing and the plan of action for the day. Then, I usually do a walk around each outlet, starting with the Atrium, which opens first. The Oasis and Lansdown open a little later.

## Midday-2pm

*In a typical lunchtime around 500 people come in and out of the Lansdown doors in an hour's space, so the restaurants are full of interesting people. The Atrium café serves about 13,000 customers a week, on average!*

Food safety and hygiene is a huge part of the job too. Because we are not only serving staff, but we're also serving vulnerable patients too, we've got to make sure everything passes food hygiene standards. We must check and record the food regularly to ensure it's at a safe temperature. I take this part of my job very seriously as you can imagine.

My favourite part of the job is meeting people from all walks of life; I just love the social aspect of the role. At the RUH, food really does bring us all together! As the saying goes, 'A family that eats together stays together', and I like to think of us all as one big family. And RUH Bath feels like that too; it's a very caring place, big on kindness and civility, and that really shows in a lot of our guests and our staff.

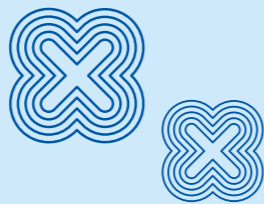
*All it takes is for one till machine to go down and all of a sudden it's bedlam!*

Stressful days can happen, of course. Like most restaurants, our outlets rely on technology such as coffee machines and IT systems, which are all connected. When technology fails, I'm at my most stressed. We cope though, we always do.

My biggest sense of achievement comes from the positive feedback we regularly receive from our customers. The RUH staff are quick to thank us for the job that we're doing. It can just take one member of staff, or patient, to give us a good food or service review for us to feel like we've contributed to the vital purpose of the hospital. The catering team may be a small cog in a big wheel at the RUH but we're proud to be part of it.

## That evening

*My day usually finishes off checking over my work emails on my phone back at home, there's not too much time for that during the day.*



# That's why I love to volunteer!

Our intrepid volunteers provide an amazing amount of assistance to RUHX. From supporting at events to co-ordinating our collection tins, every volunteer plays a vital role in helping RUHX make our beloved local hospital the best it can be. Let's meet Sally, Heather and Graham – three of our most extraordinary RUHX volunteers!

## Sally-Ann

*The best thing about volunteering is the people. You get to meet so many different people each with their own different story to tell of why they are taking part. There are not many things that you can do for free that make you feel that you have done something worthwhile, but that's why I love to volunteer.*



Volunteer Sally-Ann at Walk of Life 2024

## Heather

*I started fundraising (with my husband Alan) in 2010. We wanted to celebrate our 10th year as landlords of The Bell, Lacock. After discussions with our daughters, Torie and Emm, we decided to raise money for the RUH to say thank you for the care received by Alan's father, Don, on the William Budd Ward. Our aim was to raise £10,000 in 2010...so we called it the 10/10 challenge! It was a fantastic year. Along with 18 friends, we sought sponsorship to walk The Cotswold Way. We held all sorts of events: garden parties, raffles, beard dying, a charity breakfast, worst tie competitions – anything we thought might raise money! The year culminated in a charity ball held on 10/10/10!*



Heather and Alan

*We raised over £40,000! We were blown away. Once you are bitten by the fundraising bug it is hard to give up, especially when the cause is so important, so we began to raise donations for Forever Friends Appeal, starting with their Cancer Care Campaign. Over the years, we have received amazing support from RUHX charity: advice, equipment, promotion, volunteering at our events; whatever we ask for help with, they kindly give. This year I am volunteering at the Walk of Life. I want to stay involved with RUHX as much as possible. Huge thanks to everyone who has supported and continues to support us and RUHX.*



## Graham

*I was a general porter for 7+ years at the RUH and after I retired my mother passed away, I decided to become a volunteer. I came up to the RUHX (formerly known as the Forever Friends Appeal) office to see if there was anything I could do to help in a small way and saw all this money on the table, I asked if I could count it for them.*

*After a few weeks they came back and said, I could become a volunteer and asked if I could go out and collect some tins from various places and count the money when I returned to the office, that's how*



Volunteer and ex-porter Graham

*it all started, I was quite happy to go out to clubs, pubs, shops and cafes, any place I thought might be able to have a tin to collect money for the hospital.*

*I have also been happy to stick labels on the buckets, collection tins, fold letters and put them into envelopes ready for posting so that it would leave them to carry on with their work, I feel that I am helping the hospital in some small way.*

*So, if you see a blue RUHX collection tin, feel free to put a small donation into the tin to help the hospital, because you never know when you might need the hospital's services.*





# Events and Volunteering

To celebrate 25 years of extra-extraordinary care for the local community, RUHX is going to make the year ahead extra-special. Make sure these dates are definitely in your diaries. To miss them is to miss out!

## Firewalk, Friday 13 September 2024

More than just a firewalking challenge, this is your chance to connect barefoot with nature, feel empowered, and do something extraordinary for your hospital! As the coals grow hot, a safety and training seminar hosted by an expert firewalker will help you overcome any fears. Places are on sale now.

## India Trek, 2-13 November 2024

The countdown has begun! Right now, our team of 20 intrepid trekkers are busy training and fundraising for their trek! In just a few months' time, they will immerse their feet in the foothills of Himalayas on a five-day long trek, all for a good cause. More than £10,000 has been raised already. News and stories of this experience of a lifetime will follow in future editions of RUH Extra!

To sign-up, or learn more, about all of our 2024/25 events, visit [ruhx.org.uk/events](http://ruhx.org.uk/events)

## Events Calendar 2024-2025

### 13 September 2024

Firewalk

### 21 September 2024

RUH Community Day

### 2-13 November 2024

India Trek

### December 2024

Christmas Concert (launching soon!)

### 16 March 2025

Bath Half Marathon

### 17 May 2025

Walk of Life



New firewalk event – coming soon!



Team RUHX at a previous India Trek



Annual Bath Half Marathon team RUHX



This year's India Trekkers training at the Walk of Life

Join the **RUHX** today and make a difference that matters in your community.

### Join our Volunteering Teams Today

Volunteering with RUHX is the best way to meet new people, learn new skills, fundraise for RUH Bath, and give something back to your local community. If you would like to get involved at a charity event, join a fundraising group, or talk to us about your idea, contact the Events & Community team at [fundraising@ruhx.org.uk](mailto:fundraising@ruhx.org.uk) As we like to say: Join us for the fundraising, stay for the fun.

## Volunteering Opportunities

- ✦ Bath Half Marathon (16 March 2025) – Cheer Squad
- ✦ December 2024 – Christmas Concert – launching soon!
- ✦ H.U.G.S Charity Shop, Chelsea Road, Bath (all year round) – Various Retail Assistant roles
- ✦ Fundraising Groups in Bath, Warminster, and Melksham



This season, the good deeds of three great supporters deserve a round of loud applause. Nicola, Ben and Pat – please stand up!

### Nicola Noble

Fundraising inspiration, Nicola Noble has **reached her £1 million target** for cancer services in memory of her sister, Vanessa (Ness) Kyte. Ness sadly passed away on November 15, 2007, seven years after she was diagnosed with breast cancer. Her passion for fundraising sparked her and Nicola to start the Walk of Life in 2005. Every year since it has grown into an important celebration of those we've loved and lost, as well as the survivors, with now more than 300 walkers hotfooting in support of an incredible cause. "Ness has been inspirational all the way through it, she was there right from the start," Nicola told us. "Every single pound donated or fundraised has a story. Through RUHX, I have met the most incredible people with Ness...and without her."

Nicola told us that her involvement with RUHX, and the Walk of Life foundation, has helped her stay positive in the wake of her sister's tragic passing and she remains grateful to the charity for being there for her. We are just as grateful to Nicola and everyone who has supported her million-pound fundraising. Nicola, we remain in awe of you. THANK YOU!



Fundraiser Nic Noble pictured with RUHX's Ellie Wilkinson

### Ben Manning

Ben, the Leisure Club Manager at the Macdonald Bath Spa Hotel, has known the RUH Bath from when he was a young boy and was treated for the successful removal of a tumour, as well three knee operations. This year alone, Ben has completed the **Bath Half Marathon** and raised over £990 for RUHX, and also helped RUHX with the **Walk of Life** too. "I have always wanted to give back to the RUH Bath as they all do a fantastic job looking after thousands of people every day," Ben told us. "In April, I asked our hotel and spa members to bring in Easter eggs to donate to the fabulous children's ward. It went down an absolute treat! More than 80 eggs were donated. I also did the same for toys at Christmas last year too and the response was overwhelming! I can't wait to work with RUHX in the future."



RUHX superhero Ben Manning

### Pat Green

For more than 10 years – ever since her late husband received cancer treatment at the RUH – Pat Green has been fundraising for her favourite local charity, the RUHX. Pat's dining room **Cake and Crochet** sales are a thing of legend and are so popular that a queue to get in the front door was the standard. Incredibly, Pat has now raised more than £10,000 with the sales of approximately 2,500 slices of cake, 4,000 crocheted teddies and way too many Easter bunnies to count!

Pat – a MASSIVE THANK YOU for all your help over the years. We look forward to our next slice of cake already!



RUHX superhero Pat Green

Love, All the team at RUHX. ✂



# Please give a gift today

## Your details

Full name

Address

Postcode

Telephone No.

Email

We do not sell personal data to any third parties. Your personal details are held on our internal database, which allows us to contact you about the work of RUHX. If you are happy for us to send you information please tick how we may contact you.

By post  By email  By telephone

## I would like my gift to go even further:

For every £1 you give we can claim an additional 25p of tax at no extra cost to you.

*giftaid it*

YES, I am a UK Tax payer and would like RUHX to reclaim the tax on all qualifying donations I have made for the past 4 years as well as any future donations until I notify them otherwise. (Please tick).

I understand that if I pay less income tax and/or Capital Gains tax in a tax year than the amount of Gift Aid claimed on all of my donations in that tax year it is my responsibility to pay any difference.

## Your method of payment

I enclose a cheque / postal order / charity voucher made payable to RUH Charitable Fund

To the value of £

OR please debit my Visa / Mastercard / Maestro / Delta Card for the above amount (Delete cards as appropriate)

Card No.

Start date  /  Expiry date  /

3 Digit security code

Issue No. (if applicable)

## I would like my donation to go to:

RUHX supports many extraordinary projects around the RUH where our donations are used. If you have a specific purposes for your donation please let us know in the box below.

To enable us to claim Gift Aid on your donation, please ensure you have completed your name and address details above.

**Please return form to:**

RUHX, Royal United Hospital, Combe Park, Bath BA1 3NG

Signed

Date  /



# Thank you!